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THE HERALD'S PAGE OF EVERY WOMAN

Edited by JULIA CHANDLER MANZ

A MIDSUMMER SUIT.



A thread-striped serge was made up as shown here, the stripe being black, and touches of black are given by the silk collar and buttons.

The skirt is a bit fuller than usual and is effective with the "round and round" stripes. The hat worn is an advance fall shape, trimmed with taffeta ribbon, and a buckle.

SOME DON'T'S MOTHERS OUGHT TO REMEMBER

Don't let anything startle the baby if you can help it. His little brain is peculiarly susceptible to shocks.

Don't put anything in his ear! Don't even wash them too severely.

Don't let him teach himself to walk by his own efforts. It is entirely a matter of training.

Don't amuse the baby, nor allow him to be amusing during his first year. Otherwise you may have a nervous wreck on your hands when he grows up.

Don't fuss over the baby, under the impression that he wants companionship at his sleeping hour. He will do far better alone.

Don't let him suck his thumb—it may possibly change the shape of his jaws. A mitten on the hand is one preventive. Beat the whites of two eggs to a froth, and smear the substance on the thumb as a deterrent.

Don't jump him up and down. Also, remember that rocking and much carrying are unnecessary.

Don't attribute crossness always to bad temper—it is rather a sign that baby isn't comfortable. In hot weather it sometimes relieves his trouble to undress him and give him freedom of motion, or to give him a little cool water.

Don't expose a baby of any size to drafts. A little care will give him pure air to breathe, without keeping him in a stream of it.

BILIOUS PERSONS MUST BE CAREFUL OF DIET

The diet should be the first thought of the person inclined toward biliousness, for there are foods which act beneficially on the liver and bowels and others that add to the trouble.

Fruits especially contain laxative qualities, which the system craves. Among these are included apples, pears, strawberries, figs, dates, and pineapples. Vegetables include tomatoes, rhubarb, squash and others. Fruits should be eaten at the beginning or end of the meal, and also between times when the appetite craves the cooling acids. Greens are always desirable.

Belle Cake.

Take two and a half cups of sifted flour and mix with two tablespoons of baking powder and stir again. Add one and a half cups of very fine granulated sugar, creamed with half a cup of butter. Beat the whites of two eggs to a froth, and gradually add to the flour, half a cup of milk, follow with sugar and butter, and next the whites of the eggs. Flavor with a little almond or vanilla extract, and bake in moderately hot oven for about forty-five minutes.

Trifles.

Work one egg and a tablespoonful of sugar into as much flour as will make a stiff paste. Roll it as thin as a silver dollar and cut in small circles. Drop a few at a time into hot fat, deep enough to float them. Cook until they rise to the top, turn them over, and when a nice brown, take them out and dust a little powdered sugar over them.

Eggs on Fomage.

As this can be made in the chafing dish better than on a stove, it makes a suitable hot weather dish. Melt a tablespoonful of butter, add a small cup of grated cheese and stir continuously until the cheese is melted and creamy. Beat slightly six fresh eggs and stir into the cheese. Add salt and a dash of cayenne or paprika; continue to stir until the eggs are scrambled, then serve at once.

Doughnuts.

Beat two eggs and one cupful of sugar together, add four tablespoonsful of melted lard, one cupful of sour milk, one teaspoonful of soda, a pinch of salt, seasoning to suit taste and flour enough to make a soft dough; roll out, cut in rings by using two slices of cake cutters, and fry them in hot lard.

Correct for Street.

Tan-colored leathers are the correct thing for street wear. They harmonize with the tan and browns that are the popular colors for the tailored suit.

INSPIRATIONAL RECORD OF A WOMAN PHYSICIAN

By FRANCES SHAFER.

It is said that some aspiring souls are growing very fond of spelling woman in great flowing letters, fonder still of leading to the skies all her ordinary accomplishments until somehow they stand out big and wonderful.

But why not, since there are so many counter-claims in the air in lament over woman's ineffectiveness and uselessness to labor in the general field? For while some of us are pointing to the woman physician, woman doctor, even judge, who wins a bit of applause and a name for herself, there are others to say it counts for nothing.

There comes to mind a recent contribution to "The Woman's Contest," in which the writer—a woman, by the way—states that although for several generations the fields of medicine and the law have been wide open to women, "almost no woman has ever achieved any kind of reputation in either line." The comment closes with the statement that "women never have and probably never can achieve any great distinction in either line."

And, by way of contrast, back to memory comes the vivid story of a woman physician who died in Minneapolis a while ago. One thinks all must agree that her long life was beautifully crowned with success, both as a woman and a physician.

Started as Wife and Mother.

Dr. Martin George Ripley did not begin the study of medicine until some time after she had started in on her work as wife and mother. But it was a long while ago that she first began to dabble in healing drugs, for in the primitive districts of Iowa, where her early womanhood was spent, physicians were far apart and neighbors and friends grew to depend upon each other. There is always one more resourceful and versatile than the rest, and it happened that this young woman took upon herself the task of helping and of learning through experience. Untrained, she served through two epidemics of diphtheria, and even then these were stories of the peculiar skill of this amateur physician.

Then she married and moved to Massachusetts. There it was just the same, for in times of sickness she was so often called upon to help and to heal that she decided to take a medical course. Some of her friends thought it a strange undertaking, but a mother of three children, but the professors in the medical college she selected recognized her peculiar fitness and aptitude for the profession and encouraged her to go on.

After graduation and her family moved to Minneapolis, and there her work as a physician was registered. Her

practice grew and grew until—well, the story says it was the largest in Minneapolis. You see, many of her calls were from the poor, and it was their needs that chiefly appealed to her.

The Small Beginning.

In her work it happened that she came in contact with two young girls who had gone astray, and an older woman in need of work. She secured a temporary shelter for the girls and installed the woman as matron, and that was the first step toward the materializing of her dream for a quarter of a century has been her particular pride.

It was a charitable institution, and when it happened that there were little ones whose future was shrouded in a mixture of certain poverty and uncertain morale it was her ambition to find good homes for the unfortunate waifs. And it was her proud boast that in the main they turned out well. From the modest beginning, the hospital grew into a recognized institution, with beautiful grounds, a nursery, a nurse's home and a bungalow for the babies.

It came about through her desire to help unfortunate girls, but it grew to be ranked away up among institutions for the career, but stopped aside from her work as wife and mother to study for and enter the profession which she certainly helped to dignify.

Marked Benefit to Mankind.

It may be that in the world of doctors she is not ranked as great, but Minneapolis reckons her among its physicians who have labored well, have been a marked benefit to the city, and have left a goodly memorial in the way of practical results.

And so long as she and many others of equal and greater achievements are adding their quota to the usefulness of the profession and the good of humanity, one dislikes to read that "almost no woman has ever achieved any kind of reputation," either as a physician or a lawyer, of course, it is a labored effort to move so untidily to invade new fields and serve in new capacities, but together with the comment it might be enlightening to publish a recent dispatch which states that Finnish women have just succeeded in getting through a bill in the Finnish parliament which will give them the right to appear as counsel before the courts. Strange, indeed, that some Finnish woman has not earned a name as a leader before the bar.

Such comments always look well side by side.

SIMPLE AND ARTISTIC.



Soft chambrase in medium grey was used in the costume shown above. The Pajouli sleeves are edged with lace trim and trimmed with tiny covered buttons. A richly embroidered tulle, showing gold and brilliant colors, hangs from the skirt and partially conceals the row of tiny covered buttons which trim the skirt.

A yoke of plain net has a frill of lace around the neck, with a lace bow at the throat. This is ornamented with tiny pearls.

HOMEMADE BATHING SUITS ARE PRETTIEST.

Attractive bathing costumes can be bought at any of the large shops, but if you are fond of sewing it is much cheaper to make your own. Patterns you can always buy, but if you have a house pattern that fits nicely, and a four or six gore skirt pattern, you can do very nicely without the expense of an extra one.

It is best to make the skirt join the blouse at the normal waist line, for in the matter of a bathing dress they look far better than the high-waisted effects. Bathing dresses of silk, satin, and taffeta have almost entirely taken the place of flannel, serge, and cotton materials. Mohair is still used extensively and is very serviceable, but satin and taffeta take first place, and are trimmed in many attractive ways, the use of swatches being, perhaps, the most popular.

If you have a sewing machine with a heading attachment it is a simple matter to trim the dress in an elaborate manner, but it is best to cling to the simpler styles, even in trimming.

Of course, it is best to use silk satins on a silk or satin dress, but the mercerized braids do not shrink, and really look very well when stitched with silk. From Paris comes an attractive suit that can easily be copied at home.

It is of black taffeta, the plain bodice joined to the plain skirt at the normal waist line with a narrow black patent leather belt, and an embroidered sailor collar and little pointed cuffs of white linen. A straight panel extends the length of the front, and this is trimmed with satinette stitched in straight lines across, placed about two inches apart and joining in the center with a small loop and black silk buttons. The effect is extremely pretty though plain.

Another suit of black satin has a tub top and a long skirt.

When stitching broad on any material, always have the design marked plainly. In the case of satin, this can be done with a lead pencil and ruler, but a dozen or so of water-proofed pens or stamped on the material. When stitching on the machine, do not start at the extreme end of the marked design, but leave an eighth of an inch of broad to be turned under and caught down by hand.

Hand-sewed broad must be treated in the same manner, if you would make the work neat and free of ends pulling over the garment. The regular use of a needle and thread is a benefit.

Remember, when making a bathing dress that the work must be carefully

executed, or you will surely have trouble from careless stitches the first or second time you wear it into the surf, river, or lake.

Gravette-gloria, a waterproof silk, in a deep wine color, is made with a plain bodice and skirt. The neck and sleeves are outlined with scallops, all hand made. The bodice is made with a short tunic, cut in scallops, and edged with broad, and the hem of the skirt has scallops of broad stitched upon it.

Another very elaborate suit of brown satin has the blouse and overskirt worked with brown soutache in an all-over leaf design. The overskirt is made with a panel front and back, ending in a deep point, but cut off straight on the sides. A little inset yoke of very satin, having over it narrow black ribbon, which is left to add a decidedly pretty touch to the garment.

Soutache stitched on in a latticework design trims a dark blue tunic suit, and a front panel on a green tunic suit is beaded in bayonet stripes with black and is flanked on each side with points of silk held down with small black silk-covered buttons.

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